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TREATMENT PLAN FOR : Tehani Oakley Date: 13/10/25

Health Goals	<p>1. Identify underlying causes of gastrointestinal symptoms: How: CoBiome Microbiome testing + H.Pylori breath testing (GP) + parasite testing (GP)</p> <p>Comprehensive stool and breath testing is essential to accurately diagnose the root cause of the current symptoms (e.g., H. pylori, parasites, dysbiosis, inflammation). This will enable a targeted and effective treatment protocol.</p> <p>2. Provide initial symptomatic relief: How: PHGG to help with stool consistency. Magnesium to reduce cramps, restore electrolytes. Electrolytes to replenish those lost with diarrhoea. Hydrozyme: Reduce undigested food particles entering the intestines and adding to bloat, gas, feeding “bad” bacteria.</p> <p>The immediate aim is to reduce the severity of diarrhoea, nausea, and bloating to improve daily function and comfort while awaiting test results. This also involves addressing potential nutrient depletion from poor digestion and diarrhoea.</p> <p>3. Reduce hepatic load and support liver function: How: Reduce alcohol, sugary drinks, treat gut health</p> <p>Given the persistently elevated liver enzymes, it is crucial to reduce the burden on the liver from alcohol and other metabolic stressors to prevent further damage and support its recovery.</p>
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Diet	<ul style="list-style-type: none"> - Reduce alcohol intake to 2 glasses of wine maximum per evening. - Swap sugary drinks and juice for sugar free options - Small protein-based meals throughout the day (5 small meals). Focus on having dense, nourishing protein with each small meal to settle stomach, reduce bloating. Eg: Shredded roast chicken, pieces of steak or other red meat plus whatever else doesn't make you feel unwell.
Lifestyle	-
Barriers	- Awaiting test results (microbiome map, H.pylori, cervical screening results etc)
Referral/Investigations	<ul style="list-style-type: none"> - See G.P. with letter provided (review medication, parasite test, calprotectin test) - Co-Biome microbiome mapping - H.Pylori testing
Prescription	- PHGG. Start with a half teaspoon mixed in water. If agreeable to your stomach, increase slowly each day or two until you can take a full tablespoon each day.
Recipes:	-
Other	I've made you a Vital.ly prescription, you don't need to order the products I've prescribed right away - but it is there if you want to order more of the supplements going forward (we will likely want to keep going with the hydrozyme, PHGG)

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.